CREATVE ARTS GRADE 1 NOTES TERM 1-3.

Jumping for Fun!

What is Jumping?

Jumping means moving off the ground using your legs. You can jump in different ways: forward, backward, right, or left.

Why is Jumping Important?

Jumping helps make your body strong and agile. It also helps you move better and have fun!

Ways to Jump:

1. **Jumping Forward:** Try jumping straight ahead. Imagine you are jumping over a big puddle!
2. **Jumping Backward:** Turn around and jump backward, like you are jumping away from something.
3. **Jumping Right and Left:** Jump to the right side and then to the left side. Pretend you are hopping between two places!

How to Jump Safely:

- **Look Around:** Make sure the area is clear and safe for jumping.
- **Wear Safe Shoes:** Use shoes that help protect your feet.
- **Land Softly:** Bend your knees a little when you land to avoid hurting yourself.

Fun Activities:

1. **Jump High:** See how high you can jump. Imagine you are reaching for a balloon in the sky!
2. **Jump Far:** Try jumping as far as you can. Pretend you are jumping from one lily pad to another!

Making Jumping Fun:

- **Use Objects:** You can use things like ropes or small sticks to jump over. These are your jumping helpers!